

## **Chicken Parmesan Personal Pizzas**

If you do a cheat day or a cheat meal every few weeks, here is a good pizza recipe

### Ingredients

- either a 3 pack of personal pizza crusts or one big one
- mozzarella cheese
- parmesan cheese
- 2 chicken breast, previously grilled, cut up into tiny pieces or can use the chicken breast meat that comes in a can if you are in a hurry
- 1/2 cup Ragu "no sugar added" pasta sauce
- optional ingredients, chopped onions, black olives, sliced mushrooms, pepperoni slices, green peppers

1. for this meal ill be adding the onions, olives, mushrooms... combine the chicken, pasta sauce, onions, olives, mushrooms in bowl. easier that way..less hands-on needed. preheat oven to 400

2. add 1-2 spoonfulls of the sauce on the pizza crusts

3. Pour the toppings onto the crusts and spread around.. salt / pepper to taste now.. , sprinkle parmesan cheese on top now..dont be shy with it

4. Now add the mozzarella cheese. bake for 10-12 minutes or until the cheese is melted.

5. Blamm.



this is for one of those days that you are trying to impress your lady or taking a break from the low-carb lifestyle for a day. Better than calling Dominos Pizza too.

Recipe by @mark\_lexus on twitter and as seen on my blog [Low Carb Eating](#)